



## Varsity sports get underway

Kate Battler takes a look at two Conдор varsity teams in the first half of a two-part series.

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A student's account of enjoying the breathtaking sights of the Eternal City.

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\$40,000 in renovations provides students with privacy and independence.

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Monday, September 20, 2004

Conestoga College, Kitchener

36th Year — No. 16

# Pond Party offers fun in the sun

By STEPH BAULK

Conestoga College's annual Pond Party was a great success despite the early morning rain and continuous rain clouds passing overhead throughout the morning.

First-, second- and third-year students gathered Sept. 9 around the pond behind the college to check out the festivities held by Conestoga Students Inc. (CSI).

Sumo wrestling and a gladiator jousting competition were popular events the students were able to participate in throughout the day.

Hamburgers, hotdogs and beverages were served to hungry students by hardworking CSI members and various volunteers.

Students were also able to buy beer in a designated area and hang out while listening to Rufus, a live band, performing outside.

Nichole Jiminez, events programmer, said she thought everything turned out pretty well.

"I'm looking around and everybody's having fun, so that makes me happy," she said.

She said until about 11 a.m. they were planning on having the party inside, but when they saw the sun come out they quickly moved everything back outside.

"I'm really happy," she said. "I was a little bit nervous with the rain thing, but I'm really happy it's going well."

Aaron Reid, 19, a second-year student in the woodworking program, said this is his first year attending the Pond Party and he thinks it's a great idea.

"It gets people talking, socializ-



(Photo by Alexandra Mastronardi)

Cliff the Condor, Conestoga's mascot, is on the offensive against a Conestoga student at the annual Pond Party. CSI hosted the event that offered free food and events such as sumo wrestling and gladiator jousting. See Pages 10-11 for more details.

ing," he said. "It's a great way to meet people."

Amy Bennett, 22, is a first-year student at Conestoga and said she also thinks the party is a good way to meet people, but because the lineup for food was so long it was hard to do.

"A lot of people in my program don't live in residence, so this is a great way to meet people," she said.

Remo Schlumpf, 19, a third-year student in the architectural technology and design program, said he has attended the Pond Party every year he's been going to Conestoga.

He said the party is pretty good as it is, although in past years the party hasn't always been at the pond.

"I like it better here," he said, "because it's actually at the pond."

CSI president, Justin Falconer, said he thinks things were great and the weather was certainly their best

friend for the day.

"We were a little worried waking up this morning and seeing the rain, but in years gone by the weather's been a great ally for ensuring the students had a great time," he said. "And that's exactly what's going to happen."

## General education programs face cuts

By RYAN CONNELL

Conestoga College is reducing hours in some program areas this year in order to realign itself with the provincial system average.

The college is also hoping to lower its projected deficit of \$1.4 million from its approved budget of \$86.4 million this year, by reducing the number of general education electives.

Vice-president of academics David Burns says that some of the cuts are attributed to the lack of funding increases that the college was expecting to receive from the Ontario government but didn't.

"We have to look very closely at everything we do because you can't operate with a budget deficit for very long."

Ontario colleges are receiving more than \$2,000 less per student from the government than what universities or school boards are receiving. The Ontario college system has become the lowest-funded educational sector on a per capita

basis which doesn't assist in the growth that Conestoga is experiencing. The Liberal government has not only issued a freeze on tuition this year, but the college isn't receiving funding for growth for the next three years.

"The province has not been providing adequate money to deal with the many things we want to do," Burns says. "There is a freeze on tuition and, although the grant money isn't frozen, it's not adequate for our increased expenses so what do we do?"

The college has decided to eliminate one elective from some programs this fall in order to realign itself with the amount of program hours that are offered by other colleges, Burns says.

"When we compare ourselves to other colleges, we generally have more general electives and higher program hours than other colleges," he says. "Maybe we can't afford to continue to do that unless the government offers some more money."

Chair of Liberal Arts and Media

Studies Mark Derro says that by eliminating some general education electives from various programs it allows the college to re-evaluate some of the programs in order to make a fair, consistent workload for students.

**"The province has not been providing adequate money."**

*David Burns,*  
vice-president of academics

"This is allowing us to take a really good look at our program design and make sure we have a balance and a harmony all the way through," he says.

The first-year students will see the most impact to their programs in the liberal arts and media studies fields, Derro says.

"At the end of the day, what we're trying to do is make sure whatever we do is academically sound and it doesn't have a major impact on our

students," he says. "Any reductions are going to have an impact on the students but we're trying to minimize that by positioning courses so that it doesn't happen."

Derro hopes that by removing some general electives from various liberal arts and media studies programs that it will encourage students to focus more on their core courses in their programs.

However, some students are disappointed to hear about the removal of electives from their programs because they enrolled in the program with the expectation of receiving the electives.

Sandra Rohfrietsch, a first-year public relations student, said she was disappointed about not being able to take a liberal studies elective in her first year of studies when she was told she originally would.

"I really wanted to take electives, but if they feel like I don't need to take it then I would trust the college," Rohfrietsch says. "But if they tried it last year and thought

(the elective) didn't work then that's fine with me."

Rohfrietsch feels she's at more of a disadvantage than university students because the cut in general electives means she will now be learning even less than what a university education has to offer.

"There's always that rivalry that university is better and now if they're going to be cutting college back even more compared to university, then that's only going to make it worse," she says.

Burns says he thought a lot of students weren't overly interested in taking some of the elective courses to begin with.

"I actually think it is an advantage to have time to concentrate on their core program so I think that as long as they take the time to really concentrate on whatever it is they're doing, that really, overall, they're not going to lose. What we're trying to do is follow what the province is saying we should do. We can't afford to offer above that right now."



## Now deep thoughts ...with Conestoga College

Random questions answered by random students

What do you bring from home to keep you from getting homesick?



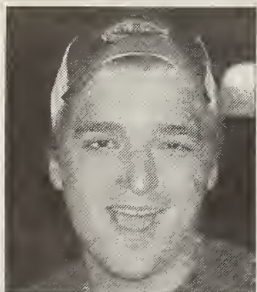
"My girlfriend."  
Chris Hussey

"Booze and plenty of it."  
Colin Silva



"Music, pictures, and my teddy bear."  
Michelle Webster

"My guitar, my dog, my computer to talk to people around the world, my pillow, and pictures of Grandma and Grandpa."  
Pawel Mosiadz



Just stuff from my room so it looks like my room."  
Kendyll Meldrum

"A teddy bear that my girlfriend gave me."  
Miguel Rojas



"Sony Playstation."  
Ryan Poole

Smile Conestoga, you could be our next respondent!



(Photo by Justin Bastin)

Trish Weiler, a nurse at health services, stands with colleagues in a new treatment room that was made possible by new funding.

## Health services gets a \$40,000 makeover

### New equipment helps students

By JUSTIN BASTIN

New equipment at health services is helping students with disabilities get a college education.

An electronic lift system has replaced the old hand crank lift in the attendant care bathroom in the health services office which allows students more independence and privacy.

Disability services co-ordinator Marian Mainland says the \$40,000 worth of renovations to health services will make it easier for students to go about their daily routine.

"The technology for many of the disabled students just opens the world for them," she said.

She also says the new additions will allow more students to come to Conestoga.

"Now it doesn't matter how many students come, we can accommodate them."

Karen Pellin, an educational assistant whose son Chris will use the new facilities, says the equipment helps preserve the privacy of students and allows them to simply attend school, which before would have been very difficult.

"Without it, it would be basically impossible for them to come to school. The fact that these facilities are set up the way they are, things run smoothly."

Along with the new lift system health services renovations included adding an extra bathroom, doctor's office, a new waiting room independent of reception, a recovery room and a treatment room relocated away from the door for greater privacy.

Health services is located in Room 2B06 across from Student Services.



(Photo by Kristen McMurphy)

### Watch where you park

Conestoga security guard, Mike Lee, leaves a warning ticket on a car parked in Lot 9 on Sept. 8. Lee ticketed about 100 illegally parked cars during the first two days of classes.



# • New cameras added to Doon campus

By JENNIFER HOWDEN

Conestoga College is adding five new cameras to Doon campus to help make its students, faculty and visitors feel safe.

"In reality (Doon) is a very safe campus but it doesn't matter how safe you are if you don't feel safe," said Al Hunter, chief of security and parking services.

The new cameras are part of a five-year plan to bulk up security around Conestoga's Doon, Guelph and Waterloo campuses. The school is currently in the second year of the five-year plan, which involves a number of security initiatives including alarms, cameras and emergency telephones.

One of the cameras is being mounted on the west side of the Student Client Services Building to give security a better view of parking lot 8. A second camera is going up at the front of the recreation centre to give a better view of Lot 10, the front of the recreation centre and the sports field. A third camera will be on the end of the E-wing for better coverage of some of the entranceways going down into the business wing. A fourth camera is being installed near Door 4 to get a better view of the roadway and the bus stop. Finally, a camera is at the top of the A-wing for better coverage of Lot 5 and Lot 6.

A total of nine cameras were also added to the ATS building. There were no cameras surveying that

building last year. There were also three cameras added to the Guelph campus.

Not only have more cameras been added but they have also been upgraded from an analogue system to a digital one. This means instead of having to go back and search through tapes to find an incident, all the footage is right there on the system. If the police need footage for any reason all security would have to do is burn it onto a CD. The new digital system also allows security to rewind, fast forward, pause and zoom in and out a lot easier than they could with the old system. They can also search the tape using a motion sensor. The cameras also have an automatic iris. This means they can adjust to the light of any scene, making it easier for security to see in heavily shadowed or low-light areas.

The digital upgrades are not complete but security hopes to have all cameras under the digital system as soon as possible.

Aside from the cameras, perimeter alarms have been added in high risk areas where portable items of high value are stored. One area that is now protected by the perimeter alarm is the fourth floor where \$10,000 worth of equipment was stolen last year.

There are also 16 emergency telephone stations around campus that connect students directly to security if they need assistance.

Signs have been posted at the front of the college alerting stu-

dents and potential thieves that there are cameras around campus.

"We (put the signs up) for two reasons," said Hunter. "First, so our students know the cameras are there and hopefully feel safer and, secondly, it's for the thieves who are too dumb to look up and see the cameras."

Hunter and the security team hope the cameras and the other security features help ward off thieves.

"I'm not so naive that I believe they are going to stop stealing but, frankly, when you raise the risk they'll steal somewhere else," said Hunter. "The whole idea of the cameras is not to catch people but to prevent it in the first place."

Hunter also said that it's not the students security has to keep an eye on.

"Our students are very, very good," he said. "They are the least of our worries when it comes to people committing offences. It's more outsiders coming in."

Last year, \$100,000 was spent on buying and installing new cameras. The total expenses from this year have not yet been totalled.

Some of the money to cover the expenses comes from the college women's safety grant, which is a provincial grant that provides funds to colleges to upgrade their security. Funds also come from the increases in parking passes and from different programs that want to invest in the security of their equipment.



(Photo by Jennifer Howden)

Chief of security, Al Hunter, stands with a sign that alerts people to the cameras. The signs are there to make the students feel safe and to make possible thieves aware that they may be caught if they try anything.

Hunter said overall the students have had a positive attitude towards the Doon security.

"There was a time when a lot of

people had the big brother mentality but we don't see it that way at all," he said. "I think (the cameras) raise the students' comfort level."

## Residence eliminates Internet viruses and loses channels

By ALEXANDRA MASTRONARDI

Conestoga Residence and Conference Centre still has several rooms available for students looking for a place to live.

The general manager of the residence, John Kobylnik, said the capacity of residence is about 528 students and they only had approximately 520, as of press time.

Students interested in living in residence should contact the residence immediately.

Returning students to residence may have noticed fewer channels on their television this year.

Last year the residence received extra channels that weren't being paid for.

"Rogers found out about that and decided since we weren't paying for it they weren't going to give it to us," said Kobylnik.

This year, residence will get reception up to channel 42.

In terms of Internet hook-up, students are required to have their computer scanned for viruses before being connected this year.

Once that is completed the college's information technology (IT) department will set them up on the network and then they are set up again at the residence, said Kobylnik.

"Maybe you'll have to wait a week and a half before your com-

puter gets connected but then hopefully you're going to have a connection that is not going to have virus problems," he said.

Kobylnik said once a virus gets on the network it is really difficult to get it fixed so this is a good preventative procedure. While staff scan for viruses, they will also make sure students have anti-virus programs on their computer.

"Some students last year, when we asked them about that, didn't even know what an anti-virus program was," he said.

Kobylnik said he wants everything to run smoothly although there may be a little bit of a delay.

"We've got one IT guy and 520 students," he said.

"But in the long run you're going to be saving yourself."

This year's move into residence went smoothly.

This was the first year that staff decided to do the move in over two days rather than have everyone move in at once, said Kobylnik.

Kobylnik reminded students to keep their eyes open for posters around the residence advertising upcoming events.

And he said, "We really want their input on what they want to do."

The residence can be reached at 895-2272.

## Conestoga's parking passes cheaper than other colleges'

By JENNIFER HOWDEN

Students who are unhappy about the \$30 hike in parking fees at Conestoga College should be happy they don't go to school at Humber, Fanshawe or Centennial.

At Conestoga the annual parking passes have increased to \$240, up from \$210 last year. However, at Humber College in Toronto a two-semester parking pass costs \$450. At Fanshawe College in London an annual parking pass costs \$306 and at Centennial College in Toronto a parking pass costs \$158 per semester. On the other hand, an eight-month parking pass at Wilfrid Laurier University in Waterloo costs only \$184.

Hourly parking meters at Doon campus have also increased to \$1.25, up from \$1.

Waterloo and Guelph campuses have also seen a price increase in an effort to close the gap between their prices and those at Doon campus. The Guelph and Waterloo prices will now be \$225, up from \$180 last year.

Daily rates for those two campuses will stay at \$4, but the hourly rates will increase to \$1.25, from \$1.

The price increases will help pay for improvements to the parking lots. Many improvements are being made including re-paving some lots, line painting, lighting, providing more parking spaces and general maintenance.

There are also a few more parking spaces available this year. About 40 parking spots in Lot 10 were reclaimed after construction last year had them blocked off. Also, last year Lot 12 was put in which provided another 306 spaces. Lot 12 can only be accessed by an access card, which can be purchased for \$7 more than the regular annual price.

Chief of security and parking services, Al Hunter, hopes that eventually all lots will be card access. The major security problem at Conestoga is vehicle related thefts and Hunter says that by making all the lots card access this will keep unauthorized people from entering the lots and therefore, eliminating possible thefts.

## College to close for water shutdown

By MIKE BORS

The Conestoga College Doon campus will be closed to students on Oct. 9, 10 and 11 due to a total water shutdown.

However, no classes will be affected since it's the Thanksgiving long weekend. The shutdown is required to make final connections related to legislated upgrades for backflow protection on municipal water supply systems.

Backflow prevention is a device that does not allow water to travel backwards into the city system.

"It has come about for a number of reasons," said Barry Milner of Physical Resources. "One of them primarily being the Walkerton incident a few years ago."

Milner said instead of trying to protect everything with one large preventer at the road, which would have been very costly, the college has decided to do each building where the water comes into the building.

"This actual work is removing the old water meter and doing a new tie-in where that meter was and making sure the piping is all intact," Milner said.

"In the past we've had to rely on three meters for the whole campus to provide details on where we're using our water," Milner said. "With these upgrades we should be able to take a look at different sections of the building and determine where the water users really are."

"Hopefully, then we'll be able to put in various measures to be able to conserve water in those particular areas."

Milner said the shutdown will not affect the student residence because it is on a different water supply.



## College education good investment

With colleges provincewide crying the deficit blues, students must be wondering how the lack of funding will affect them, and their education.

All of the colleges, including Conestoga, are being forced to make sacrifices this year thanks to a two-year tuition freeze placed on them by the Liberal government. The government is also providing approximately \$2,000 less per student in grants which forces the college to do more budget juggling. As a result, Conestoga has had to reduce the number of general education electives offered by various programs.

This has some students questioning whether their education is being watered down.

The answer is no. The core courses in all programs are being retained, meaning students are learning what they need to in order to get a job in their chosen field.

Although it's possible to survive without a post-secondary education — in fact, millions do it everyday — a college education usually results in a better paying and more satisfying job.

Colleges provide hands-on learning, something that is invaluable, and yet isn't offered in most universities. Also, colleges fill a need in society, by offering programs that respond to industry demand.

Even though many workplaces do hold university degrees in higher esteem than diplomas, college is still an important institution that offers a high quality education.

And everyone at Conestoga should consider themselves lucky to be attending or working at the No. 1 college in Ontario.

For the community, this college is an important asset, and for students, it is a valuable investment for the future.

## Stress and de-stress

Summer was a time for fun in the sun, but now it is time for noses to hit the proverbial grindstone once again.

Students pay thousands of dollars in tuition, not to mention the cost of textbooks and possibly accommodations, and it is no fun to see that money go down the drain thanks to failing grades. However, all work and no play isn't healthy either. Students must learn to balance their leisure time, class time and homework.

Conestoga Students Inc. helps out by offering great entertainment and fun activities right here on campus. And the events are not hard on the pocketbook either. And students can join a team or get some individual exercise at the recreation centre.

For anyone needing help achieving a healthy balance, Student Services is the place to go. Counsellors there will give you lots of great advice, not only on how to study, but how to reduce your stress and be happy.

Your college years should be some of the best years of your life. So make sure you enjoy it.



Ryan's mother considers his student activity fees.

## Ban on breed not the answer

Many dog owners are wary of Attorney General Michael Bryant and the Ontario government's plan to ban pit bulls across the province.

Bryant is currently in the process of drafting legislation to do just that and I believe this is not the answer.

Yes, pit bulls are often in the news for biting and attacking people, but so are numerous other breeds. If the province is willing to ban this dog, what is stopping them from banning other breeds that have been labelled as potentially aggressive such as Rottweilers, German shepherds, Great Danes, Doberman pinschers, Akitas, chows, boxers, St. Bernards and huskies.

It's not the dog that deserves the blame in the case of the attack, it's the owner.

A dog is a reflection of its owner and if a dog attacks, regardless of the breed, the owners should be held accountable and the dog should be put down.

Instead of banning breeds the province should bring in tougher licensing requirements for those



Kate Battler

Opinion

who would like to own any type of aggressive breed.

If a ban on pit bulls becomes reality, what is stopping someone who would train an aggressive pit bull from going out and training an aggressive German shepherd?

A ban on pit bulls would also likely force the breed underground. Owners, especially the irresponsible ones, are not going to be willing to just have their pets put down or shipped out. While responsible owners are not likely to go against the ban, irresponsible ones won't pay any attention to it.

The people who will be hurt most by a ban of any type are the responsible owners. They form the majority of owners and their pets will be unfairly targeted and persecuted because of the public's perception of the breed.

Some of the gentlest dogs I've come across are Rottweilers and German shepherds.

Two that come to mind are a pair of Rottweilers that lived on a horse farm on the outskirts of Kitchener. The larger of the two dogs would come bounding out of the barn whenever a car would pull up, but would stop about 15 feet short until her owner called her over.

These dogs were the biggest sucks around and loved to have their bellies rubbed. They were also in constant contact with children and loved the attention the youngsters lavished on them, even if it meant the occasional pull of an ear.

Banning any breed of dog takes away the rights of responsible people to own these animals as pets.

Many of the vicious dogs seen in the news have been raised in a bad environment.

I urge the police and the government to target these people through tougher legislation on puppy mills and dog fights and fighters rather than unfairly targeting all owners with a provincewide ban.



## Letters are welcome

**Spoke** welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

**Spoke** reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, Spoke, 299 Doon Valley Dr.,  
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N2G 4M4

## Spoke

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Editor: Jennifer Ormston

Advertising Manager: Ryan Connell

Spoke Online Editor: Kristen McMurphy

Production Managers: James Clark

Circulation Manager: Jennifer Howden

Desiree Finhart

Photo Editors: Tim Murphy, Kate Battler

Faculty Adviser and Supervisor: Christina Jonas

Spoke's address is 299 Doon Valley Dr., Room 4B14, Kitchener, Ontario, N2G 4M4.

Phone: 748-5220, ext. 3691, 3692, 3693, 3694 Fax: 748-3534

E-mail: [spoke@conestogac.on.ca](mailto:spoke@conestogac.on.ca)

Web site: [www.conestogac.on.ca/spoke](http://www.conestogac.on.ca/spoke)

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# 2004 CAREER FAIR



Over 170 Employers  
in a single location

Where?

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VISIT CAREER  
SERVICES, Room 220,  
Student Client Services  
Building

- ~ Employer Guidebook
- ~ Career Fair information
- ~ Bus schedule
- ~ Résumé/Cover Letter assistance



WEDNESDAY, SEPTEMBER 29, 2004

10:00 a.m. to 3:30 p.m.

Visit Doon Campus – Career Services (Rm 220 SCSB)  
Waterloo Campus - Student Services ❖ Guelph Campus - Main Office  
or [www.partners4employment.ca](http://www.partners4employment.ca) for Career Fair information and updates!

## Attention Graduating Students!

## Meet with over 170 employers at Career Fair

### What is Career Fair?

- ✓ An opportunity for students and soon-to-be graduates to meet with potential employers
- ✓ Develop job leads for career-related opportunities

### Getting There:

#### Doon Campus

To Career Fair	From Career Fair
9:30	11:00
10:30	12:00
11:30	2:00
1:30	3:30

- ✓ Bus leaves from Door #3
- ✓ For Guelph and Waterloo campuses, please visit the Campus Administration Office
- ✓ A map and driving directions to RIM Park is available on the Career Fair website

### Preparation:

- ✓ Visit the Career Fair website at [www.partners4employment.ca](http://www.partners4employment.ca) to obtain employer information and profiles
- ✓ Pick up an employer guidebook (one week prior to the Fair) in the Career Services Office at Doon. For Guelph/Waterloo campuses, please visit the Campus Administration Office
- ✓ Employer Guidebooks will also be available at the Fair
- ✓ Make sure your resume is up-to-date and professional. Have your resume critiqued in Career Services if necessary.
- ✓ Develop a list of questions to ask employers

**Career Services Office**  
Student Client Services  
Building, Room 220  
(519) 748-5220, ext. 3756  
For info email  
[sfree@conestogac.on.ca](mailto:sfree@conestogac.on.ca) or  
[sdonczyk@conestogac.on.ca](mailto:sdonczyk@conestogac.on.ca)



# Campus jobs offer students reasonable hours and wages

By KRISTEN MCMURPHY

Whether you're a returning student or new to the college, you may have already noticed your hard-earned summer money is being devoured by student fees, rent payments and other expenses associated with student life.

To keep from falling into the starving student stereotype you may have to accept the fact that you will need to find a part-time job.

Conestoga College has a lot to offer students who are living away from home and close to the college. There are many on-campus jobs that offer a reasonable amount of hours and decent wages.

Sara Free, career services officer at the college, advises students who are interested in working at the col-

lege to go speak with someone at the department they're interested in.

"The career services office does get postings from different areas of the college, but we've found it's best for students to apply directly to where they want

"We've found it best for students to apply directly to where they want to work."

*Sara Free,  
career services officer*

to work," says Free.

The rec centre, learning resource centre and registrar's office, to name a few, are areas of the college that often hire students.

Students can also access both on- and off-campus job postings at [www.workopoliscampus.com](http://www.workopoliscampus.com). To access the site you will need an

access code, available from career services by calling 748-5220 ext. 3756.

Free says Conestoga's job postings will be available on the college's website in the near future.

If you want to apply for a job, and need help with your resume and cover letter, career services provides one-on-one assistance.

"We do a lot of mock interviews with students too," Free says. She encourages students to use these services. For upcoming graduates and current alumni, there will be a Career Fair Sept. 29.

Career services is located on the second floor of the Student Client Services Building. Office hours are Monday to Friday 8:30 a.m. to 4:30 p.m.



(Photo by Jason Sonser)

Catherine Wilkins, director of the Learning Resource Centre, said students must register with the LRC.

## LRC easier to access

By JASON SONSER

Conestoga College students may find accessing their account information and materials in the Learning Resource Centre easier this school year.

Catherine Wilkins, director of the centre, said the LRC has implanted a new library system called Unicorn which is being implemented in association with a number of colleges.

"The big thing for students and for faculty with this system is you can now log in to your own account to see when you have material due or overdue, or if you want to put a hold on something, you can do all of that yourself, and you can get access to the full catalogue," Wilkins said.

"You may see more media in your classroom because of this."

*Catherine Wilkins,  
director of LRC*

Wilkins said students have been asked to register with the LRC this year, which has not been done in previous years.

"We take your student ID, we wand your bar code which becomes your library card, and we give you a PIN number. You must have a PIN number for access to the remote databases," Wilkins said. "Everybody who wants to use EBSCOHost, Ovid, or any of the electronic resources that we have, if you want to do that work from home, from residence, or from off-campus, you need a PIN."

Wilkins said the new system has come about because the college subscribes to the databases and the information in them is proprietary.

"The vendors didn't want the colleges giving free access, so they wanted us to tighten up," Wilkins said. "All the colleges are having to do this."

Wilkins said there have also been

new databases added, including the ABI Inform Trade and Industry, which will be useful to any student doing projects around business processes, and the ACM Digital Library, short for the Association of Computing Machinery Digital Library. The LRC has also added a collection of about 8,000 e-books.

"These databases are full text and images so that the student can read or download an article with images and charts and diagrams," Wilkins said.

She said the LRC acquired some additional licences for video productions.

"It's not really a student thing, but you may see more media in your classroom because of this licensing."

Wilkins would like to remind students that they offer library instruction sessions.

"We do a standard orientation for students for all programs," Wilkins said. "It's really important that the students come to those sessions, because that's where we can show them the new databases and get them set up with their PIN."

Wilkins also advised students to come to the LRC to talk to and meet the staff so that when they have a question, they know who to ask.

"I really want students, when they come in here, to really value the sense of place to study and to do their research, because it's here for students," Wilkins said. "You can sit and look out over the pond, you can work with your peers in group or seminar rooms, or you can go out into quiet study. We're really aiming to be a student-centered part of the college."

Starting Sept. 20 there will be a book give-away of texts that are no longer needed in front of the LRC and will continue until the books are gone.

"Everyday, there'll be carts in the hall, and as they are emptied, we will just add more resources," Wilkins said. "There won't be any specific subject at any time, just walk by all the time."

date

SEPT 23 & 24

place

SANCTUARY

hours

9 - 7

last day

9 - 5

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FANTASY ◀

WILDLIFE ◀

► GIANT-SIZED POSTERS

► MUSIC

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► FILM

► PHOTOGRAPHY

► 1000s OF POSTERS

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IMAGINUS  
POSTER  
SALE





# Busy business at the bookstore

By DESIREE FINHERT

There are 23 people waiting in a queue that serpentine around racks stocked with new gift wear and clothing lines. They've been waiting an average of 20 minutes to purchase stacks of textbooks necessary for the first semester classes. And there's another 23 people lining up outside, anxious to track down their courses' reading material.

That was the scene outside the bookstore on Sept. 7, the first day of classes at Conestoga College's Doon campus.

A security guard at the door managed traffic flow into the bookstore and monitored patrons. This precautionary method allowed staff to help students find their books.

Although the bookstore was open prior to orientation, most students didn't buy their course material early, causing the aggravating lineups and the presence of security on Sept. 7.

Supervisor Mary Andraza said the bookstore has a new inventory management system and cash register system making monetary transactions quicker. Debit and credit cards are now integrated with the cash register.

"So what normally took about 30 seconds now takes five seconds," said Andraza. "We're thinking the lineups are moving much smoother this year."

But are the lineups worth the wait? Luane Bowlby, 19, a first-year educational assistant student, claims she had been waiting 45 minutes both outside the bookstore and to pay for her merchandise.



(Photo by Desiree Finherth)

Mary Andraza, bookstore supervisor, tallies textbook sales the first week of classes at Conestoga College's Doon Campus.

Bowlby only bought one of the two books for her part-time program, but thought buying it will be helpful.

"It's better than just renting them," said Bowlby, who would never buy a textbook used. "Getting them firsthand, I can make my own notes in them. It's not an actual exercise book, but I notice if things pop up in my mind I can write them down and then ask the teacher."

For thrifty first-year, or even second- and third-year students, Conestoga Students Inc. (CSI) sells used textbooks. The book-

store will also be getting into the used book business when they begin buying back textbooks this spring for resale next fall.

The second book Bowlby needs is not in stock yet and she's concerned about needing it for class.

"We're probably not going to be able to go as smoothly," Bowlby said. "Everyone's going to be stressed out about it, especially our teacher."

The bookstore has already sold out of some texts and re-ordered them. Late book orders have not been delivered yet and some books

are not on the shelves because they're back ordered.

Andraza said shelves can usually be stocked a week after an order is placed.

"But, if something is on back order then we're at the mercy of the publisher as to when they can deliver," said Andraza. New shipments should be in by the middle of September.

By the winter semester the bookstore hopes to offer a website where students can view book options on line.

"There's going to be a whole

website that will show how many are on order, how many are on hand, the price of the book and name of the book for each course," said Andraza.

Meanwhile, if it's in, it won't be for long. The bookstore under buys its books and usually sells out.

The cheapest book is the Human Rights Code pamphlet at \$2. The most expensive is Digital Systems Principals and Applications at \$200.

Nigel Cain, 18, a first-year electrical engineering technologies student, bought seven books for a total of about \$550, including the most expensive on the shelf.

Cain said the Digital Systems Principals and Applications text has no special features or learning tools like a compact disc.

"It's a lot of money, but not compared to everything else," said Cain, who will also buy \$300 to \$400 worth of engineering tools. He is hoping next year's reading list will be less expensive.

But Cain's expenditures are average. Most first-year students are spending around \$500. First-year business students spend about \$800 on texts, but other students pay out \$300.

Some publishers offer shrink-wrapped packages for certain programs which include all the first-year texts for a reduced price. The accounting package includes four books for \$180 and the technical nursing package is four books for \$210.

Bookstore hours on Doon campus are Monday to Thursday 8:30 a.m. to 8 p.m. and Friday 8:30 a.m. to 4 p.m.

## Puzzle pieces fit Student Services' new image

By PAIGE HILTON

Student Services is beginning the school year with a new look, featuring a new puzzle piece logo and bulletin boards that focus on collaboration for success.

Student Services staff, with the help of advertising students and a graphic design student, spent the summer designing a new identity in order to reach out to students and educate them on what Student Services has to offer.

"I think it was a wonderful team building process," said Carol Gregory, co-ordinator of Student Services. "Everybody's working together to something that's neat, exciting and identifiable."

She said the advertising students suggested forming an identity for Student Services, and simplifying the bulletin boards to make them easier and quicker to read.

"People are moving by boards quickly, so instead of trying to get the details of the message, just get the gist and the link to Student Services," said Gregory. "(We wanted to) make it interesting, make it unique."

Student Services designed a new logo with the help of a Conestoga graphic design student. The final result is a tri-colour circle formed out of three puzzle pieces. Counselling is represented by purple, blue signifies peer services and learning strategies is symbolized by green.

"It looks like people linking hands if you look at it a certain way," said Gregory.

She said staff wanted to identify Student Services as offering counselling, learning skills and peer services all in one place, which inspired the circle concept.

"We got a sense of putting the pieces together, helping someone sort out (whatever problems they are having.) We wanted to show that it was collaborative," she said. "No one's in a hierarchal position, so that when you work with a counsellor or with a peer or with a learning skills adviser, we're doing it together."

Gregory said she is excited about the new look of the Student Services website, which has been redesigned in three main sections: counselling services, learning strategies and peer services.

"The first thing that's new is everything is in one eyeshot," she said. "Frequently asked questions are new. The logo is new. What we're all about is new."

The website features a lot of new information, including emergency contacts in school and in the community, new articles and new information for faculty and staff on how to refer a student to Student Services.

There is a new message board where, if the student gives permission, staff can post the students' comments about their experience with Student Services. Gregory said being able to read about another



(Photo by Paige Hilton)

Councillor Keith Martin (from left), social work intern Brenda Burgess, councillor Shawna Bernard, services co-ordinator Carol Gregory-Shident, councillor Jenn Meksula and peer services administrator Melissa Turner, spent the summer designing a new identity for Student Services.

person's experiences will help other students feel comfortable with making an appointment.

The website also has a link to the GLBT (Gay, Lesbian, Bisexual and Transgendered) message board, as well as a message board for mature students.

Gregory said she hopes the new website will reach out to students and will encourage them to walk through the doors of Student Services.

"Come here if you don't know where to go," Gregory reminds new and returning students.

If Student Services cannot provide what the student needs, they will find out where the student can go to obtain that help, she said.

It is common for students to come into Student Services, Gregory said, as the office saw 1,350 students in the fall and winter semesters last year.

"You can come in here for any-

thing. It could be just asking a question, it could be for a counselling appointment," Gregory said. "We hope that demystifies things for people."

Student Services offers a wide range of services including personal counselling, career counselling, learning skills, peer tutoring and hosting, groups, workshops and college orientation. The Student Services office is located in Room 2B04.



# Hope for the stressed-out student

By CHANTELE TIMPERLEY

It is the beginning of another year at Conestoga College and students are going through personal adjustments, getting a sense of what the demands are going to be and how to handle them.

Many are seeking help for their stress. Some worry they will not be able to learn new things or remember everything they learned the year before. Some are questioning their programs, wondering "Do I really want to be in this?"

Common problems that counsellors are approached about are home sickness, fear, worry, intimidation, doubts, adjusting to transitions, feeling isolated, loss in confidence and balancing school and fun.

There are two categories of students under stress. The first group is freshman students dealing with being away from home for the first time.

They are trying to adjust to the newness of their situations. They anticipate what is going to happen but are unsure of what to expect. There is a certain degree of uncertainty that is frightening to them.

The second group is returning students who are getting used to being back in school. Some wonder if they will be able to pick up where they left off. They sometimes have a hard time getting back into the swing of school after going from having a summer of fun and work to having to think about studying.

School programs used to offer courses such as strategies for student success to teach students how to manage their time, find study skills and take notes. It also helped them manage their personal lives.

People who took it tended to be more successful and a decision was made to make the course mandatory. However, due to a funding crunch it was removed from some programs.

Counsellors are available to help with the same strategies that were offered in the course. They also go into every first-year class and talk to the students about the services that are available to them. They used to hold a series of study skill presentations every afternoon during registration, and also a workshop for mature students. However, it was found that scheduled sessions did not get a response from students.



(Photo by Chantelle Timperley)

Counsellor Barb Kraler wants students to know the offers lots of supports with their stress and success.

Student Services, in Room 2B04, continues to offer help on an ongoing basis from people who specialize in study skills. Students can arrange to have individual appointments if they feel they need the help. A trained professional will sit down with them and look at their schedule to help them understand how they can balance their courses.

Practical supports, like tutors, are also available.

Some programs will also ask counsellors to come in and talk to their students if it is found they are struggling as a class. If a group of students get together and decide they need the help, they could arrange to meet with someone from

Student Services for a personal seminar.

Barbara Kraler has been counselling at Conestoga College for 20 years and says a person's body will tell them when they are not coping in a way that is healthy for them.

"For some people it's headaches, it's stomach aches, can't sleep or sleeping too much, can't eat or eating too much," she says. "There are also what we call cognitive signs when a person is not able to think straight, they forget things, and are unable to concentrate."

She said there are behavioural signs as well like irritation, being in a bad mood all the time and crying often.

Kraler suggested students talk to somebody if they begin to feel stressed because the longer it sits, the harder it can be to find solutions.

"Know you're not alone, that some of these things are a common, natural thing when you're adjusting to a new situation," she said. "You might be able to help and find some other coping mechanisms by talking to somebody who's not personally involved in it."

She mentioned that counsellors are not emotionally connected with students, enabling them to listen without judgment.

"I think that's one of the advantages that we have as a counsellor," she suggested. "We're kind of a third party to it."

Some think nobody can help them, or that their situation feels uncomfortable to talk about. Counsellors have heard it all and are sympathetic about any situation.

Kraler said she would rather someone spend time to make a connection than not do anything about it and be struggling come exam time.

"Just for your own well being,

who wants to feel like that all semester?" she questioned. "It should be one of the best times of your life."

One way for students to take care of themselves is by creating support systems. Kraler recommended starting with classmates and teachers.

"It's good to talk to your teachers because they experience this every year with students," she said. "Teachers want to see students succeed."

Connections are also key. It is important for people who are feeling homesick to connect with their families, but not necessarily go home every weekend. Sometimes it reinforces the idea of not coping or not fitting in.

If students only feel good about going home they are not giving themselves a chance to understand they can fit in at school too. Sometimes they just keep their old relationships and do not develop new ones away from home.

It can end up making students feel like their lives are still somewhere else. School just becomes something they have to do during the week. It could ruin their whole experience.

Kraler mentioned that just as students are adjusting, so are families.

"When it's a younger person moving away from home for the first time, your parents may need to have some help around having a boundary," she suggested. "Mature students may have kids who were used to having their undivided attention, and now they have other priorities and the rest of the family is also being affected."

Students can phone home once in a while to be reminded that people still care about them. They should let their families know that they still care as well, but that they need to experiment with their independence. If it is possible,

they should have their families visit them.

The more a student gets connected to the school, the more likely that person is to see transition in a positive way. Stress levels will go down and the person is likely to stay on as a student.

The more isolated a person is, the easier it is to walk away. Students could think they are in the wrong programs and be wrong, just because of how disconnected they feel.

Another way to take care of themselves is getting exercise and being physical. Going for walks and being outside for fresh air can make them feel more energized. The school's recreation centre is a good place to start. Every student has a membership to use it.

Students should also moderate some of their bad habits, such as drinking too much or staying up too late. Being tired or sick can have detrimental effects on school work.

Kraler said a number of students come back to tell counsellors their help made a difference. When students do not return, she said counsellors measure their role in helping them simply by knowing they are still in school.

"Our job isn't to make people stay," she said. "It's more helping people see different perspectives and what their options are."

As some last advice, Kraler advised students to have confidence in themselves and their abilities.

"You have done some things that have enabled you to get into college in the first place, and I think people forget that," she said. "You had to have been a certain level of student to get here, and we aren't expecting that you're at the status you're going to be when you graduate."

"You're learning," she said. "Trust in those abilities."

# Walk Safe brings feeling of security

By JEN GALHARDO

Once again students at Conestoga College can count on seeing people wearing conspicuous jackets and T-shirts that say Walk Safe on them.

The Walk Safe program at Conestoga College has employees who escort students and staff to and from vehicles as well as residence, and patrol the campus Monday through Thursday between the hours of 6:45-10:45p.m.

The volunteers who work for Walk Safe are trained in first aid as

well as CPR in order to ensure the safety of students and staff around the campus.

"I think it's very effective because I think it heightens the awareness that it is a safe environment and that there is help at hand," said Allan Hunter, chief of security and parking services at the Doon campus of Conestoga College.

Walk Safe has two stations within the Doon campus in which students and staff can speak to a member of the program in order to have an escort. One station is

inside the E-wing doors and the other station is at the entrance by the bookstore.

## Volunteers who work for Walk Safe are trained in first aid as well as CPR

Walk Safe also patrols the campus and monitors hazardous conditions around the school, such as icy walkways.

According to Hunter, there is also an extra Walk Safe presence on pub nights to make sure students get to

their vehicles safely, as well as residence.

Students and staff can also call into security and request an escort and Walk Safe, which is radio equipped, will meet them at the requested location and escort them.

According to Hunter, Walk Safe employees are not encouraged to apprehend people.

"The main thing we're looking for is prevention and deterrence, rather than apprehension."

Walk Safe is a paid volunteer service. Any student at Conestoga

College can apply by submitting a resume, having a police background check done and completing an interview with Hunter and the Walk Safe co-ordinator.

Surveys with the continuing education students across the province have been done, which have given Conestoga College positive feedback about Walk Safe, according to Hunter.

"With this school there's been a higher recognition rate of the program than almost anywhere in the province, so we're pretty proud of that."



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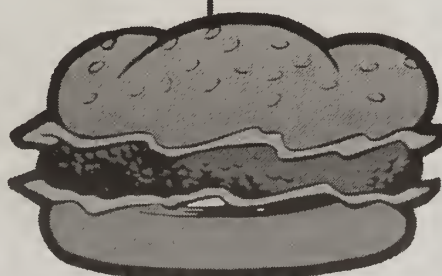
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FREE FOOD/ POP

THURSDAY SEPT 30

ALL GUELPH  
STUDENTS WELCOME

11AM - 2PM

CONESTOGA  
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# POND PARTY

## CSI event great way to meet students

By ALEXANDRA MASTRONARDI

The Pond Party held at the college Sept. 9 turned out to be a success, attracting approximately 2,500 students.

The Pond Party is a great way to get out of your comfort zones, meet new people and start to get involved, said Conestoga Students Inc. (CSI) President Justin Falconer.

"It's a great way to start the school year."

"It's a great way to start the school year."

Justin Falconer,  
CSI president

The Pond Party has been a Conestoga tradition for well over a decade, giving students a chance to break away and meet other students outside their programs.

Falconer said students are stuck in their programs in college whereas at university students generally have a whole host of different classmates.

"So this is a really great tradition," he said.

In the past a number of people at the Pond Party just approached the CSI and asked how they could help out, said Falconer.

"I know a number of those people who did it last year are now elected student leaders; it's a great way to attract new people too," he said.

The event was put on by CSI and organized by CSI's events programmer Nichole Jiminez. The event called for more than 35 volunteers and about 15 staff members to help run the activities.

This year's Pond Party events included sumo wrestling and jousting. The party also featured live music from the band Rufus, a DJ and free hamburgers and hotdogs. Leftover food was donated to the House of Friendship.

Although free for students, the event cost CSI between \$1,500 and \$2,000.



(Photo by Ryan Connell)



(Photo by Ryan Connell)

Above, first-year robotics students Preston Drennan (left) and Jeff Dorak battle it out in a fun game of jousting. Left, two students in sumo wrestling costumes try to push each other.



(Photo by Ryan Connell)

Rainy weather in the morning didn't dampen the festivities at the Pond Party. The sun shone on those in line for free food.



(Photo by Ryan Connell)

Volunteers flip flower burgers to feed the eager lines of hungry students. Approximately \$800 worth of meat was purchased from Schneiders Inc. for the event.



# A \* S \* P \* L \* A \* S \* H !

Clockwise from right:  
President of Conestoga Students Inc. Justin Falconer (left), and Keith Martin, a counsellor at Student Services, flip burgers and hotdogs for hungry students at the Pond Party.

Students eagerly wait in line for hamburgers behind the school beside the pond. The Pond Party has been taking place for more than a decade.

Cliff the Condor, Conestoga's mascot, plays a friendly game of jousting with another student outside by the pond.



(Photo by Steph Baulk)



(Photo by Ryan Connell)



(Photo by Ryan Connell)



# Recycling gets a Wet-Dry makeover



(Photo by Desiree Finhert)

Andrew Seyler, 18, works for the cafeteria stocking about 500 bottled beverages in a walk-in refrigerator. All of the products are recyclable.

By NICOLE DEAK

The new Wet-Dry system was recently introduced to Guelph, and is seen as a valid recycling option for many regions in the area.

The system, introduced to Guelph in 1995, is the newest step in recycling most materials.

In 1989, Guelph started a Wet-Dry Recycling Pilot project, which included 900 households over a period of six years. This program required residents to separate their garbage into two components, wet waste and dry waste.

Wet waste was put into blue coloured bags and included such items as plant and food waste. Dry waste was put into green coloured bags and included such items as cardboard, newspapers and Styrofoam cups.

The wet and dry waste would then be shipped to the Materials Recovery Facility where it would be converted into Wet-Dry recycling.

To date, Guelph's diversion rate sits at 38 per cent, one of the highest rates in the province.

However, the Region of Waterloo is not trailing Guelph by much,

having no Wet-Dry system and still maintaining its initial focus, the blue box.

In 1981, the City of Kitchener, before the Region of Waterloo took over waste management, was home of the blue box. To this day, the region continues to recycle and is able to produce minimal tonnes of waste.

Ranking in the top five in the province, Waterloo Region sits at a 41 per cent diversion rate.

Unlike cities such as Toronto and Guelph, the region has been approved for a long-term landfill. The term, lasting for 20 to 30 years, is seen as being cost-effective to residents and is saving taxpayers' money.

Jon Arsenault, manager of engineering and programs for the region, said Kitchener has one of the lowest operating costs per tonne of waste in the region.

"Each municipality must deal with their own waste and find funding to provide the service," said Arsenault. "We have a significant diversion rate and I feel there is no need to find any alternatives."

If the new system was to be

implemented, it could cost millions of dollars. In order to work successfully, a 100 per cent participation rate would be expected from residents.

"It's not that it won't work," said Arsenault. "It's that we are playing with taxpayers' money."

The Region of Waterloo is thinking about rolling out a Pilot Scale Wet Waste Diversion program in the near future. Depending on the results, a Wet-Dry system may or may not be implemented.

The Ministry of Environment wants to set a new policy by 2008. The ministry would like to see the region sitting at a 60 per cent waste diversion rate.

Arsenault said in reality, there is a lack of funding to build such an infrastructure.

"I'd like to applaud the ministry, but their timing is off and they are not realistic."

For many years the region of Waterloo is not expected to make any immediate changes to their recycling system. However, the possibility of the Wet-Dry system is there, but no decisions will be made for years to come.

## Christmas comes early for the Santa Claus Parade

By TIM MURPHY

The Santa Claus Parade will still be coming to town this year after the Grinch almost stole Christmas.

The Twin City Jaycees, struggling with volunteer and financial issues, announced this year that they would be unable to run the annual event which has been active in the community for more than 40 years.

Steve Burek, spokesman for the Jaycees, said it was a difficult decision to make, but one they were forced to do.

Fortunately, two weeks ago the Lions Club of Kitchener stepped forward, along with about five other community groups, offering to take over the event.

Charlie Davis, president of the Lions Club, said they were happy to get involved.

"We will make sure the parade will happen this year," he said, but remained sparse on the details until he meets with the Jaycees to discuss the particulars.

Burek announced this week that after an exchange of information,

the Lions Club was chosen over the other groups to lead the parade because of their financial and manpower capability.

"It's looking good, and it's looking like a good parade this year," said Burek.

He said the Jaycees will assist the Lions with putting on this year's parade, but it will be for the last time.

The parade, which typically costs between \$15,000 and \$20,000 and has 40 to 70 floats, will be held on Nov. 20.

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Please include your  
full name, address and  
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be printed.



(Photo by Janet Morris)

### A security note

Scrap that would have made a great spice rack for mom was left outside a locker in the Doon Woodworking centre. Security notes were left for last semester's occupants to remove their locks by Sept. 10. Hundreds of similar notes were posted all over the campus during the first two weeks of fall semester.



# WE NEED YOU!

THE CSI IS LOOKING FOR INTERESTED VOLUNTEERS TO WORK ON COMMITTEES TO ENHANCE STUDENT LIFE AT CONESTOGA.

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## THIS WEEK

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WILL BE IN THE HOUSE - SANCTUARY  
SEPT 23RD & 24TH



# ENJOY A COLOSSAL HOLIDAY FOR JUST PENNIES

*Experience the wonders of Rome  
without breaking the bank*

By JENNIFER ORMSTON

Legend has it, if you stand with your back to Rome's famous Trevi Fountain, make a wish and throw a coin over your shoulder into the rippling water, you are sure to return to the Eternal City.

For destitute students backpacking across Europe, with nothing more than the clothes on their backs and the change in their pockets, one of the most beautiful things about this elegant fountain is admission is free.

Throughout my travels, I discovered for less than one cent it was possible to spend an exciting day sightseeing in Rome; that was enough time for me to hope the legend was true.

While travelling through the narrow, antiquated brick streets in the historic area of Rome, I came across ancient monuments, magnificent statues and breathtaking architecture, and the only cost I incurred in enjoying these wonders was photo-finishing fees when I returned to Canada.

Of course, that is, unless you fall victim to one of the countless street vendors, selling everything from over-priced food and water, to phony Louis Vuitton handbags and fake diamond-encrusted Cartier watches.

Within the same vicinity of the fountain, which actually looks like a giant marble stage with the powerful sea-god Neptune as the lead actor and two tritons by his side in the supporting roles, is one of the most famous staircases in the world: the Spanish Steps.

Making your way down the steps can be a challenge, as it is tricky to weave through the congregation of tourists, their free-roaming dogs and numerous planters filled with over-flowing pink azaleas.

As I gazed around, the diversity of the people that gathered there astounded me: there were young Italian parents, speaking quickly in their native tongue, trying to keep their rowdy children under control; North American tourists trying to make sense of their translation guides and fiddling with their pricey cameras; and Romans using the stairs as a meeting place to reunite with old friends.

Although the stairs seemed

daunting from the top, I was at the bottom before I knew it and there my efforts were greatly rewarded. As I examined my surroundings, I realized I was in one of the most exciting areas of

ward making my way through swarms of tourists in Piazza Venezia.

In the distance I saw an oasis in the city: a

Rome gives a whole new meaning to the phrase, look both ways before you cross the street. Romans not only drive as aggressively as racehorses crossing the finish line, but their focus is anywhere but on the road.

Luckily I survived the crossing. b u t

sight I was refreshed and ready to continue my adventure.

For the rest of the walk, I was mesmerized by the colossal building looming in the distance. It was even larger and more spectacular than I had imagined.

Although the walk was not far, it took much longer than I had expected. The heat was still unbearable and sweat felt like it was pouring out of my body.

With the legendary amphitheatre less than 20 metres before me, my imagination was spinning, envisioning myself standing in this same place centuries ago. I probably would have heard cheers of glee as gladiators brutally fought each other to the death. Some of the spectators may have been splattered with blood as the triumphant fighter plunged his rusty sword into the defeated man one last time.

I conjured up images of what the lowly slave or prisoner, forced into this life of violence, was thinking as he uneasily made his way into the stadium, cold metal chains rubbing against his wrists and ankles, knowing the last moments of his life were likely upon him.

A perspiring Italian, dressed in a polyester gladiator costume and wielding a wooden sword, quickly brought me back to reality.

"I'll let you have your picture taken with me," he said with a strong accent. "Only 10 euros."

To be honest, I threw thoughts of my budget out the window, thinking about what a great souvenir the photos would make.

The sweaty gladiator, who exuded an aroma of body odour, put his hands around my waist and pulled me tightly against his sticky body.

"Bellissimo," he said, making no effort to hide the fact he was looking down my shirt.

I laughed it off, keeping in mind the adage, when in Rome do as the Romans do.

If you would like to splurge and go into the Colosseum, it

is open from 9:30 a.m. to 7 p.m. in the summer. Admission is \$20.

I fondly remembered my days in Italy after returning home.

Fortunately for me, the legend of Trevi Fountain came true. I have already relived my Roman holiday.

Hopefully you'll be as lucky!



ROMA  
Colosseo  
Le Colisee  
The Colosseum

the city: the heart of Rome's high-end shopping district. Designer stores like Bulgari, Gucci and Valentino lined the streets around me. I began to feel the urge to pull out my credit cards.

But that is a story for a different budget!

The scorching August heat began to take its toll as my day of wandering wore on. My mind became consumed with one thought: getting water.

With a high around 40 C, I began to feel like I was walking through a sea of boiling water. However, with the Colosseum, the day's final destination in mind, I continued for-

street vendor with a truck full of ice-cold water.

But, in order to stay within my budget, the best option was to take my precious life in my hands and cross several lanes of speeding traffic to get to a public water fountain, near the giant amphitheatre.

Venturing across any road in

once I saw the "fountain" I wished I had doled out the cash for bottled water; the structure was nothing more than a brown metal pole sticking out of a brick wall on the roadside. Regardless, the cool water slid smoothly down my throat, and with the Colosseum in

Dear Schorns  
While travelling through the narrow, antiquated brick streets in the historic area of Rome, I came across ancient monuments, magnificent statues and breathtaking architecture, and the only cost I will incur in enjoying these wonders is photo-finishing fees when I return to Canada.  
Love Jenni

The Schorn Family

300 Great Ranton Blvd..

Waterloo, Ontario  
N2X 3H5

CANADA

**Spoke can now be read online!**

For the latest college, entertainment and sports news, as well as games, puzzles, weather and reference links, visit  
[www.conestogac.on.ca/spoke](http://www.conestogac.on.ca/spoke)





# Atkins expert advises against famous diet

By JANET MORRIS

The Atkins diet has been in use for more than 30 years, but has only recently enjoyed a surge in popularity.

Instead of carbohydrates and sugar, Atkins followers are allowed plenty of fat and protein from foods such as meat, eggs and cheese. The system claims to change the body from burning carbohydrates to burning fat.

New products such as Coca Cola's C2 and Pepsi Edge offer half the sugar and carbohydrates as compared to similar beverages, which follows an Atkins low-carb lifestyle.

Restaurants and grocery stores use Atkins friendly-labelled food to sell more products.

Studies over the years have both supported and denounced Atkins' theories. Nonetheless, millions have followed the diet.

A fitness manager at the Family Fitness Centre in Kitchener says he would not recommend the Atkins diet program to anyone.

"I don't think it's fair to have somebody do something that they can't do for the rest of their life," said Bruce Scofield of Kitchener.

Scofield says if you eat properly, exercise, drink water, sleep and breathe good oxygen you will live healthier and longer.

"Anything outside of that does not have my support," he said.

Scofield, a fitness manager for 10 years, worked in the military for 20 years before that as a fitness nutritionist.

He runs the Kitchener health centre that services more than 1,200 clients a month and says more than half the people who talk to him who were on this plan say they gained excessive weight back.

"They weren't able to maintain the weight loss, it was just too dramatic of a change," he said.

Scofield said carbohydrates provide energy and if a person has too much of them they store as fat whereas protein rebuilds muscle tissue and allows your body to work as a system and uses fat as a fuel source for energy.

"The philosophy behind the Atkins diet is if we have more protein intake than carbohydrate intake we'll have more fat loss," he said.

Once you are at the weight you want to be at then you move to a maintenance program, said Scofield, which involves a person beginning to eat normally again and increasing carbohydrates.

"This is the time where old habits die hard," he said. "You can lose all the fat you want but if you don't change what made you fat, you're going to get fat again."

People just have to become better at reading labels, know what is in food and eat things they know are healthy, said Scofield.

"Food that wastes is good food, because it breaks down and that's what you want it to do in your body," he said.

Scofield recommended people who are concerned about their body weight to go and have a fitness assessment done and sit back and talk to someone about their lifestyle to come up with a game plan that suits them.



(Photo by Janet Morris)

Bruce Scofield, fitness manager of the Family Fitness Centre on Victoria Street, Kitchener, promotes lifestyle change, not a carbohydrate free diet, as the best way to lose weight.

## Times are changing at CJIQ 88.3

By DENISE MULLER

At CJIQ, the station manager has a new face. But that's not the only thing that's different.

Mark Burley, who is the programming specialist at the college's radio station, is also the station manager now.

He said that he still has all the same responsibilities as before, but now he can make more decisions. However, he also has to attend more meetings.

"In other words, I can sign stuff that I didn't sign before," Burley said.

Moving up in life is just the way it is, he said.

"It's what radio's about. You work, you get to a place and you try and work up within that organization."

"I guess I didn't tick anybody off along the way," the 46-year-old said.

But his new job title is not the only thing that is new at CJIQ. Since the spring of this year,

Burley, along with other staff and students at the radio station, have been working to change the look and sound of CJIQ.

"It's just the next step in the evolution of the radio station," said Burley.

A new computer system was introduced Sept. 3 to the station, to make life a little easier.

"With computers, you can have everything done and ready to go and you just basically assign (the programming) in the scheduling software at a certain date and time, and everything changes," said Burley.

The imaging voice, which says the station's slogan, and the entire sound of the station has also been changed, along with the way the station is marketed. CJIQ has moved to more of a rock sound, although they will still play Usher and other new pop music.

CJIQ can be found at FM 88.3. Anyone with suggestions can contact Burley at ext. 3662 or pop by his office in 3B15.

## New look for college radio station

Music and image embraces diversity of students

By MELISSA HANCOCK

Diversity among students inspired the new look and sound of Conestoga College's radio station.

Mark Burley, station manager of 88.3 CJIQ FM, said in a Sept. 10 interview that a new slogan and a new logo that best represent the students have been introduced this school year. So far, the reactions to the station's new image have been positive.

"It was like this revelation," Burley said. "Change is good and it was time for one."

Second-year advertising student, Carrie Strauss, 22, was hired by CJIQ for the summer as part of an experiential learning program her course offers, he said. She developed and took part in the marketing studies done on how the radio station reflects the school.

"Diverse species. Diverse music."

Mark Burley,  
CJIQ manager.

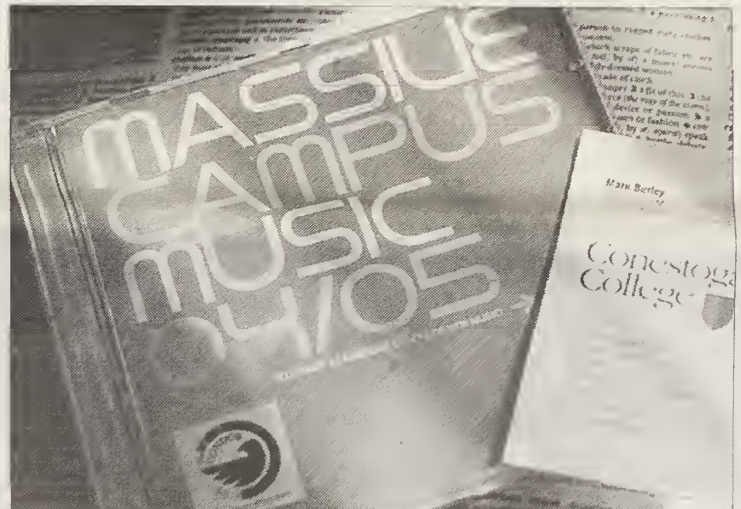
"Diverse species. Diverse music," Burley said. "She came to me with that and it blew me away."

Strauss said the project wasn't for marks, she just wanted the work experience and wanted to see something happen with the marketing plan she first began to develop for a class project last school year.

"I wanted to put it to work," she said. "The plan started as a class project and then when I was hired by CJIQ I started all over again."

She went through hundreds of designs before coming up with the final product.

Burley said Conestoga is a diverse school and he wants the music played on CJIQ and the new logo to reflect that diversity.



(Photo by Melissa Hancock)

Free CDs showing the new CJIQ logo were handed out at the annual Pond Party.

Strauss was very passionate about the work she did for CJIQ, said Deborah Reyner, co-ordinator of the advertising program, and she inspired and initiated the new experiential learning program that gave her the opportunity to work on the radio station project.

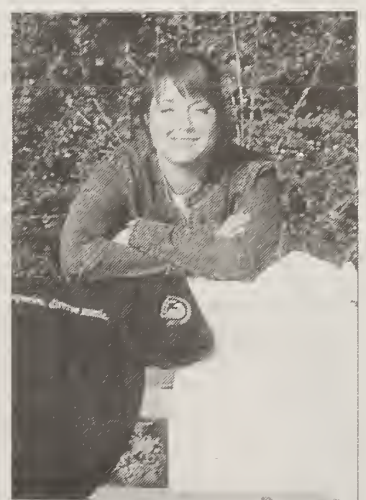
"My god she's great," Reyner said. "She's just so passionate."

Burley said the new logo can be found in the back of the student handbooks provided by Conestoga Students Inc. at the beginning of the school year. It can also be found on the cases of the CDs that CJIQ handed out at the annual Pond Party.

The CDs, produced by Universal Music, were developed to give samples of some new songs that will be heard on CJIQ, he said.

"It reflects more of the students than an old fart like me."

If students want to wear the new image of CJIQ, T-shirts are on sale at the college bookstore, Burley said. They are available in black and white.



(Photo by Melissa Hancock)

Second-year advertising student Carrie Strauss, 22, says she is excited about CJIQ's new look.

"After taxes, the T-shirts are about \$25," he said. "The first order is almost sold out and we're going to have to get in some more."

Burley said he is very excited about CJIQ's new image and he thinks the students are as well.

"It really is amazing," Strauss said. "It's exciting to finally see it done."



(Photo by Denise Muller)

Third-year broadcasting students Jesse Parent (left), and Cale Fair (right), hang out with station manager Mark Burley at the school's radio station on Sept. 10.



# Enrich your life with art

Sign up for one of the college's continuing education classes

By JENNIFER ORMSTON

Walking down the tranquil wooded path to the Homer Watson House and Gallery's quaint garden studio is like taking a step back in time.

In this spacious building Conestoga College students have the rare opportunity to participate in a variety of visual art courses in a historical art gallery.

The college has had a partnership with the gallery for at least six years, enabling students to take part in an assortment of continuing education courses, ranging from sculpture and casting, to acrylics and watercolour, said Chandra Erlendson, education co-ordinator and programmer for the Homer Watson House and Gallery.

Inexperienced artists are welcome to enrol in a beginner course, such as oils or watercolour for beginners and pastel drawing.

Novices should not be apprehensive about signing up, said Erlendson.

"The introductory classes are just that. They are starting points for students with no experience in a particular medium who want to learn something new."

For the more advanced student, the gallery offers intermediate classes in sculpture, casting, acrylics and watercolour.

Last spring's adult sculpture course was particularly popular among the student body, according to Erlendson.

"Casting techniques would be a nice alternative for those looking to complement that class."

Several of the gallery's other art programs have also been successful with students in the past.

Some students are looking for leisure activities, and perhaps always dreamed of taking a watercolour course. Others may be seek-

ing skills outside of the structured curriculum offered at the college, said Erlendson.

"The teaching style at the gallery differs from the college because our instructors do not necessarily use the formal teaching-certificate way to educate. They are working artists, who provide a somewhat different approach and delivery in their instruction."

Erlendson recommends visual arts classes for many reasons.

"In addition to promoting the arts, students obtain new experiences and use a different side of their brain when taking art classes. This is good for learning academics and memory work."

"Art also allows students to express themselves and be more

creative. Visual arts programs provide the opportunity to explore another side of yourself."

The gallery is conveniently located near the college's Doon campus, at 1754 Old Mill Rd.

The classes range in price from \$125 for the four-week introduction to acrylics course, to \$200 for the six-week adult sculpture program.

Some of the courses have already begun, so students who are interested should enrol immediately.

For more information on the courses, contact the gallery at 748-4377 or at programs@homerwatson.on.ca. To register or for fee information, contact the college's continuing education department at 748-5220, ext. 3634.



(Photo by Jennifer Ormston)

Conestoga College offers a variety of visual arts courses, held at nearby Homer Watson House and Gallery.



(Photo by Jennifer Ormston)

Pottery students are sure to find artistic inspiration in the Homer Watson House and Gallery's newly renovated, century-old pottery studio, called the Coach House. The four-acre property is close to the Doon campus, on Old Mill Road.



## Horoscope

Week of Sept. 20, 2004



**Aries**  
March 21 -  
April 19

What energy! Be creative with it. You are seen as decisive but sometimes hasty. Listen to your gut, it's telling you to take a risk.



**Libra**  
September 23 -  
October 22

Old and new friends are never far away. If you need help, ask. The conflict in your life can become draining if you let it fester. Create win-win solutions.



**Taurus**  
April 20 - May 20

Be present to people; no more glazed over eyes. You aren't fooling anyone and you'll hurt yourself more in the end. Think romance not lust.



**Scorpio**  
October 23 -  
November 21

Accidents happen, act with speed and urgency to correct them regardless of the sticky situation. The Yang to your Yin is a Gemini or an Aries.



**Gemini**  
May 21 - June 21

Achievements are never easy for you. Acknowledge and reward even the smallest of contributions. This time you will finish that project.



**Sagittarius**  
November 22 -  
December 21

Money is not your forte right now. It's best to take it easy on your wallet; you may need cash down the road. Be enthusiastic and energetic and you will persevere.



**Cancer**  
June 22 - July 22

Take your active personality and run with it. Now is the time to be serious even in the surrounding sea of wacky antics. Get involved and take ownership of your career.



**Capricorn**  
December 22 -  
January 19

A blow to your ego is unavoidable. Whatever happens, treat people with dignity and respect. There may be an unspoken conflict uncovered if you approach life calmly with open ears.



**Leo**  
July 23 - August 22

Be patient, the truth will come your way. You can alleviate stress with constructive alternatives. Try something out of the ordinary - it will liberate you.



**Aquarius**  
January 20 -  
February 18

Your glass is half full, don't let that water evaporate. Demonstrate a "can do" attitude and no one will steal your thunder. Check your ego at the door though.



**Virgo**  
August 23 -  
September 22

You need to be challenged to keep motivated. Requesting and offering feedback will bring unexpected success. Don't dodge stress, face it head on.



**Pisces**  
February 19 -  
March 20

Strive for wholeness in your relationships. How well do you really know your friends? Some one very close needs guidance. Communicate clearly and honestly to give them the best help.



Janet Morris is a 2nd-year journalism student in tune with the universe.



# Will the Patriots do it again?

By BRENT GERHART



(Internet photo)

This season holds big expectations for the New England Patriots.

Chris Brown and the Super Bowl champion Antowain Smith can both carry the load George once did. The Titans will head into the season led by quarterback and co-MVP, Steve McNair. On defence, Kevin Carter and Albert Haynesworth can slow any team's rushing attack and Samari Rolle and Andre Dyson in the backfield will give any pass offence problems.

One of the final favourites to make some noise in the AFC is the Kansas City Chiefs. Last season, led by running back Priest Holmes, quarterback Trent Green and one of the best offensive lines in the NFL, the Chiefs provided a high-powered offence that allowed them to finish 13-3 in the regular season,

but didn't manage to win a game in the playoffs due to a disastrous defence. The Chiefs are hoping the problem was corrected with the departure of former defensive coordinator Greg Robinson in favour of former Chiefs head coach Gunther Cunningham.

Last season's NFC Conference champions, the Carolina Panthers, may have finished just short of a Lombardi Trophy victory, but can still contend. The Panthers added to their league-leading defence by drafting 21-year-old cornerback Chris Gamble of Ohio State. Offensively Carolina has two solid options at running back in Stephen Davis and Deshaun Foster and quarterback Jake Delhomme hopes

to continue his unexpected rise to the top.

NFC conference finalists of the last two years, the Philadelphia Eagles, made a huge improvement by adding Terrell Owens to their receiving core, but by doing so they lost pass defenders Troy Vincent to the Buffalo Bills and Bobby Taylor to Seattle, two of their main defensive specialists. Pro bowl quarterback Donovan McNabb may have no problem throwing the ball this year, but with the departure of Duce Staley to Pittsburgh and losing Correll Buckhalter to injury for the second year in a row, McNabb may find himself carrying the ball as much as injury-prone starting running

back Brian Westbrook.

The Green Bay Packers let a fourth-and-26 stand on defence slip through their grasp and cost them a trip to the NFC Conference finals, but this year they have 20 of 22 starters returning and hope to have another run at the playoffs. With the most versatile offensive line in the NFL and running back Ahman Green, the Packers boast the best run-game in the NFC. Future hall of fame quarterback Brett Favre still has something left in his arm and is poised for one more Super Bowl drive, but with cornerback Mike McKenzie holding out and demanding a trade, inexperience on defence may allow the Minnesota Vikings to pounce on the NFC North Division championship.

The Seattle Seahawks may have lost in overtime to Green Bay in the wild card round of last season's playoffs, but that was an inexperienced Seahawks team. Now, with every key member returning, the Seahawks will look to avenge the overtime heartbreaker. Shaun Alexander will look to better his 1,435 rushing yards from last year and Matt Hasselbeck will attempt to further prove his elite status among NFL quarterbacks.

Other teams that have high expectations going into the 2004 NFL season include the Baltimore Ravens and St. Louis Rams, and the Jacksonville Jaguars and Washington Redskins may provide surprise numbers to sneak into the playoffs.

The NFL regular season kicked off on Sept. 9 and will conclude on week 17, Jan. 2, 2005.

The NFL playoffs begin on Jan. 8, 2005 with wild card weekend, and will finish on Feb. 6, 2005 at Super Bowl XXXIX in Jacksonville, Fla.

## COUNSELLOR'S CORNER: Loneliness

Many of you are here from out of town; some are living away from home for the first time. What a change! There's no one to report to about what you are doing and when. Curfew - what's a curfew? There is also no one to ask, "How was your day?" "What time would you like to have dinner?" and to say "I love you."

The excitement of new freedom and opportunity may be tempered by homesickness - missing your family, friends and community. Slowly, you'll get to know some of your classmates, faculty, roommates and other peers. Perhaps you'll get involved in intramural activities at the Recreation Centre and clubs and events through the student government. Read *Spoke*, your school newspaper, to familiarize yourself with happenings on campus.

You can meet with a counsellor in Student Services to talk about adjusting to your environment and to do some problem solving about getting involved in your college and your new community.

A Message from Student Services

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>



# Exhibition games an eye-opener

*Coach believes losing by one run is not a big deal as long as the players improve throughout the season*

By KATE BATTLER

*(This is the first of a two-part series on Conestoga's varsity teams.)*

The Conestoga College women's fastball team and men's rugby team are well underway, with tryouts, practices and exhibition games all in the first week of school.

The women's fastball team is coming off a disappointing 2 and 8 season but Coach Fawn Day believes the team will be a lot stronger than they were last year.

"It's always hard to tell though because we don't know what the competition has," says Day.

With only two returning players this year, Melinda Wilson and Karen Cardwell, the team is in a building year but still has a good outlook.

ished third in the province last year, winning bronze at the Ontario Colleges Athletic Association (OCAA) championship after going 4 and 2 on the season.

Coach Jeff Desrusisseau believes this year's team will improve on last year's record.

The new, experienced players who have come out for the team this year have helped to off-set the lose of a couple key players that graduated.

Desrusisseau says the new players will more than make up for the ones that were lost.

He says the team's goal this year is to make the play-offs but after that it's up to the players.

"They decide their fate after that."

The Condor's had an exhibition game against Wilfrid Laurier University on Sept. 9

**"We want to make sure players are strong enough to compete at this level."**

*Fawn Day,  
women's fastball coach*

Day believes losing by one run is not a big deal as long as the players improve throughout the season.

"If their skill sets improve then I'm not going to worry about wins and losses."

Day says the team will go with 14 girls from the 20 that have come to try out.

"We want to make sure that the players are strong enough to compete at this level."

The fastball team plays Mohawk College next here on campus on Sept. 21 at 5 p.m.

The men's rugby team fin-

ished third in the province last year, winning bronze at the Ontario Colleges Athletic Association (OCAA) championship after going 4 and 2 on the season.

Desrusisseau says the game was a good eye-opener for the team and shows them what they need to work on as a whole. Individually, he says, the players know what they need to do.

"After two practices and an exhibition game, I think we're on pace to do some good things this year."

The rugby team plays at Fleming next in Lindsay on Sept. 25.



*(Photo by Kate Battler)*

Third-year veteran Mike Parkhill runs the ball during an exhibition game against Wilfrid Laurier on Sept. 9.



*(Photo by Kate Battler)*

Rookie Brian Crisman stretches for the ball during a throw-in against WLU.



# OCAA slashes men's varsity hockey program

By JAMES CLARK

For the first time in 37 years students will not have the opportunity to play men's varsity hockey at Ontario colleges.

The Ontario Colleges Athletic Association (OCAA) made the decision to discontinue the league at the beginning of April 2004 after two of the six teams in the league announced they did not have enough money to support a team.

After the announcement was made two more teams left the league due to a lack of competition.

In the end, the only teams who were able and willing to play were the Conestoga Condors and the St. Clair Saints.

According to Marlene Ford, Conestoga College's director of athletics, the announcement disappointed a lot of people at the college.

"Students, faculty and alumni have all been asking why the program has folded," said Ford. "It's basically because of financial reasons."

It costs a college \$60,000 to \$100,000 to run a varsity hockey program. Conestoga's costs were much lower than other colleges because the college owns and operates its own facilities.

Ford said she felt Conestoga would have had a strong team this year because of an extensive recruiting drive led by Condors head coach David Cressman, who

took the helm just last year.

"The coaches did a tremendous job recruiting this season," said Ford.

Cressman agreed and added the team had a lot of returning players who were excited about playing again this season.

"I really believe we had a good nucleus of players who would have come in and helped strengthen the program to a point where we could have won an OCAA championship," said Cressman, who has accepted the position of head coach for the Triple A Cambridge Hornets.

The Condors have not won an OCAA championship since the 1993-94 season.

Last year the team placed fifth in the six-team league with a 2-10-2 record. They missed the playoffs but still had some bright spots throughout the year, notably the performance of Brent MacDermid and Scott Bradley. Both players were tied for fifth in the league-scoring race at the end of the season with 27 points each.

Bradley will be playing for Fredonia State University's Blue Devils this season, a division three school located in New York State.

Other former players are also looking for places to play this season.

Scott Foster, who has played for the Condors for the last three seasons and was planning to return for one more, is hoping to play with a Junior C team this season.



(Photo by James Clark)

The nets at Conestoga College's recreation centre will not be occupied by any men's varsity goaltenders this season. The league was cancelled by the OCAA after two of the six teams could not participate due to financial reasons.

"I would have liked to play here again," said Foster during a noon-hour game of shinny hockey held at Conestoga's recreation centre. "We had a bit of a following here and things were looking really positive."

Administrators at St. Clair and Conestoga colleges talked about running a two-team league hoping interest would build at other schools in a couple of years. This idea was dismissed after a survey sent out to Ontario colleges indicated there was no interest from

any schools in re-forming a league.

Administrators at Conestoga also talked about getting the team into either the Ontario University Athletics league or another league in the United States, but decided against it after learning applications would take two to five years to process.

"It would have been too difficult recruiting players when we couldn't even tell them when we were going to be in a league," said Ford.

Ford said there are no other varsity

programs in danger of being cut and athletes who were interested in trying out for varsity hockey should look at other varsity sports offered by the college.

"There are still some avenues to participate in varsity sports like our soccer team and our rugby team," said Ford, adding she hopes these teams will get more fan support now there isn't any hockey.

"It's just going to be strange not seeing the guys out there playing on Wednesday night."

## WHY FAIL WHEN YOU CAN SUCCEED?

"True education means more than the pursuit of a course of study ... it has to do with the whole being and period of existence possible to man. It is the harmonious development of the "hand, head and heart". Ellen G. White

Below are some common complaints that I hear everyday from students, along with some sound advice.

### 1. "I don't know where to begin".

Advice: Make a list of all the things you have to do. Break your work down into manageable chunks. Schedule your time realistically. Don't skip classes, especially near an exam. Begin studying early in the semester with an hour or two per day.

### 2. "I've got so much to study ... and so little time".

Advice: Preview. Identify the most important topics emphasized and areas that you don't understand. Adapt this method to your own study style, but remember that previewing is not an effective substitute for reading.

### 3. "This stuff is so dry, I can't even stay awake reading it".

Advice: Get actively involved with the text. Ask yourself questions, take notes and highlight concepts. Discuss the material with others, form a study group.

### 4. "I read it. I understand it. But I just can't get it to sink in".

Advice: Elaborate. We remember best the things that are most meaningful to us. Try to integrate what you're studying with what you already know, find examples. You will be able to remember new material better if you can link it to something that's already meaningful to you.

### 5. "There's too much to remember".

Advice: Organize. Information is recalled better if it is represented in an organized framework. Write chapter outlines or summaries, group information into categories, and draw up mind maps or matrices to organize material.

To make an appointment for learning strategy assistance, visit the Student Services Office.

A Message from Learning Strategies

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>



(Photo by Kate Battler)

## Fastball off to a running start

Melinda Wilson, one of only two returning players to the women's softball team, runs a first-base time trial while assistant coach Rick Proud (not shown) takes down the times.





(Internet photos)

Forward Shane Doan (above) buries the puck behind Finnish goalie Miikka Kiprusoff to give Canada a 3-2 lead early in the third period. Right, Wayne Gretzky, Mario Lemieux, Martin Brodeur and Team Canada celebrate their victory.

# Canada unstoppable in World Cup win

By JON YANEF

Canada is once again hoisting an international hockey trophy, thanks to a 3-2 victory over Finland in the World Cup of Hockey 2004 tournament held Sept. 14 at the Air

Canada Centre in Toronto.

Canada forward Shane Doan scored in the first minute of the third period to put the Canadians ahead of their Finnish opposition.

The Canadians dominated the tournament, going 6-0 while

outscored their opponents 22-9. Canada's goalies were outstanding. Starting goaltender Martin Brodeur allowed only three goals in his first four tournament games.

Brodeur scratched himself from the lineup for the semifinal match

against the Czech Republic in favour of Roberto Luongo when his sprained left wrist wouldn't allow him to participate during the morning skate before the game. However, Brodeur was back and ready for the final, stopping 27 of 29 shots on net.

Luongo did a stellar job taking Brodeur's place in the semifinal, as the Canadians won in a thrilling overtime victory, icing out a 4-3 nail-bitter.

Team Canada forward Vincent Lecavalier shot the puck from a horrible angle into the top corner of the net at 3:15 of the first overtime period. Lecavalier was the MVP of the tournament, as Canada's top scorer, with two goals and five assists in Canada's six games.

The Finnish goalie Miikka Kiprusoff continued his NHL success in the tournament. Kiprusoff lead the Calgary Flames to the Stanley Cup finals. In the tournament, he was unbeaten in his first five games (4-0-1) before losing in the final.

The Fins got to the finals by sneaking past the U.S. 2-1 in their semifinal game.

The leading scorer for the tournament was Sweden forward Fredrick Modin, who notched four goals for eight points, in Sweden's four games. Sweden was eliminated in their quarter-final contest against the Czech Republic, 6-1.

There were some distractions in the tournament including Team USA coach Ron Wilson scratching forward Brett Hull against the Russians in the quarter-final for being late for practice. The U.S. didn't need Hull for that game as forwards Keith Tkachuk, Mike Madano and Bill Guerin stepped it up, combining for a total of 11 points in their 5-3 victory.

Also, Team Finland defenceman Janne Niinimaa quit his team on Sept. 6 after arguing with the coaches.

The World Cup of Hockey was originally named the Canada Cup when it started in 1976, but it was changed in 1996. The tournament came to be after fans showed heavy interest in the 1972 Summit Series.

Forward Joe Sakic, defencemen Adam Foote and Scott Niedermayer, and goalie Martin Brodeur are the only four players back from Canada's 1996 roster. Also, Ed Jovanovski was selected as an alternate but did not play in the tournament.

Canada's World Cup victory is the fourth celebration in the last two years. In 2002, the Canadian team won a gold medal at the 2002 Salt Lake City Winter Olympics, and in 2003 and 2004 Canada won the World Championship titles.

Despite Team Canada's success, the players will not be hitting the ice anytime soon, since the NHL and the NHLPA can't agree on a new contract.

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